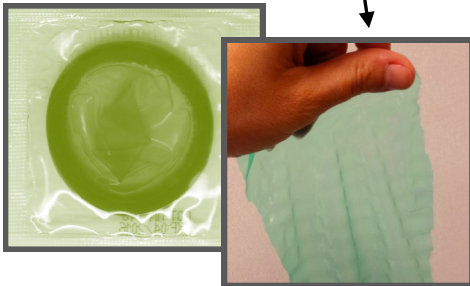


BE SAFE
talk with your
partner!

How can I protect myself?

Herpes can be prevented through:

- Abstinence (which means not having ANY vaginal, anal, or oral sex)
- Avoidance of genital skin-to-skin contact
- Limiting your partners (the safest option would be to have only one un-infected partner who only has sex with you)
- Avoiding alcohol or drug use because they may lead to risky sexual behavior
- Talking to your partner(s) about their sexual history
- Using condoms and dental dams the right way every time you have sex



Treatment is available for genital herpes. Treatment can lessen the severity of outbreaks, decrease the number of outbreaks per year, and lessen the chance of passing genital herpes to your partner(s).

Though there is no cure for herpes, treatment and support are available.

Have an open and honest talk with your healthcare provider so they can evaluate the testing or treatment you may need.



For more information about Herpes

Call your health care provider, your local health department, or contact



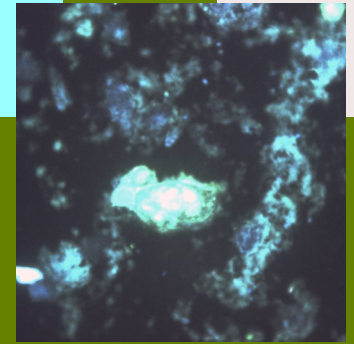
at

www.health.mo.gov
www.cdc.gov/std

Missouri Department of Health and Senior Services
Section for Disease Prevention
P.O. Box 570

Jefferson City, MO 65102-0570
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515 8/2015



Genital Herpes



**Know the
facts!**

What is Herpes?

Herpes is a sexually transmitted disease (STD) caused by two types of herpes simplex virus (HSV). These two types are HSV type 1 and HSV type 2. Either type may cause genital infections but usually HSV type 1 causes cold sores and fever blisters and is not related to sexual activity. Many people will not experience symptoms or, if they do, those signs may include flu-like symptoms. Others may experience genital herpes outbreaks.

Symptoms

Most people who have herpes may not have any symptoms or they may not notice mild symptoms, so they may mistake them for another skin condition. The most common symptom would be a genital outbreak which may also have flu-like symptoms.

Herpes can also cause emotional insecurity for those who are infected. Talking openly and honestly with your healthcare provider and your partner(s) can promote a healthier sex life.

Do you have the facts?

How is herpes spread:

The herpes virus is passed from one infected person to another through direct genital, skin-to-skin contact with someone that has the herpes virus. Most often this contact takes place during oral, vaginal or anal sex. Herpes is a virus that lives in the skin on or around the genital area, so sexual intercourse DOES NOT have to take place in order to spread the virus.

What are genital outbreaks?

Genital herpes outbreaks are caused by the herpes simplex virus. During outbreaks, painful blisters or sores may appear on or around the genital or anal area. These blisters fill with puss and burst before they start to heal. The healing process can take anywhere from one to four weeks. Outbreaks are most common during the first year of infection.

How can I find out if I am infected?

There are currently several tests that can identify both HSV type 1 and HSV type 2. Talk with your healthcare provider to see which options may be right for you.

There is not a cure for Herpes, but there are treatments that can be beneficial for both you and your partner(s). Talk with your healthcare provider to learn which options might be right for you.

Though rare, herpes infection in a new born baby can sometimes cause fatal herpes infections. If you are pregnant, it is very important that you get tested!



Genital warts and herpes are different. The herpes virus can cause sores, not warts. If you have any signs of sores or warts, get tested for STDs.